David Clements! Inner Earth Wisdom, Star Intelligence, and Our Ascension

Dr. David Clements,
Martha Hines

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Living the One Light, Martha Alter Hines

#starseed #newEarthrising #innerEarth

I am honored to be in conversation with physicist and visionary, Dr. David Clements. This was an epic, jaw dropping conversation where we discuss the current moment and great opportunities on the planet, the role and wisdom of inner Earth Beings, star beings, light itself, and how we can meet this moment in the highest ways possible. Please join in with your thoughts, reflections, and wisdom as well!

CONNECT WITH DAVID: Dr. David Clements PhD is a theoretical physicist specializing in living energy physics and has advanced degrees from Oxford and Cambridge Universities in the UK. Meditations on Dr David Clement's Patreon channel for livestreams, videos and meditations: / posts That is where all the streams of infinite Source Intelligence, global meditations and channels of other beings, come through. For the other sites, https://www.isee-infynergy.com/ is the ISEE site for protective innovations and https://infinitesourcecreations.com/ has the Quantum Still-point Clarifier device and the Quantum Earth Seeds innovations also. See three interviews with David and @PamGregoryOfficial as well, including the latest one here:
• A Galactic Perspective with Dr David Clements

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MARTHA: Okay, hello everybody. My name is Martha Alter-Hines and I have the great honor and pleasure to be here with David Clements and my cat Fox.
DAVID: Hello everybody.
MARTHA: Fox really wanted to be part of this. He came over with me so loudly right before we started recording, so I would need to acknowledge him.
Anyway, I am really, really truly so happy to be here with you, David. And so as I told you before we started recording, I cannot count the number of people in my community who reached out to me and said, you need to connect with David Clements. Please connect. I mean for the last several months and I was very, very, very busy and very overwhelmed.
So it took me a little while, but I finally listened and then I started watching your conversations with Pam Gregory and looking at your wonderful Patreon offerings, etc. And I immediately went, okay, wow. Yes, I see why the chorus was very loud. And so we're going to get into a beautiful conversation, I'm sure. But I'll just say again, like I told you before we started recording, the similarities and synchronicities between what you are channeling and the work you're doing and what I've been channeling lately is uncanny. Yes, I'm very, very excited to connect with you to have this conversation. I think it's divinely choreographed and divine. Oh, yes. Yes. So thank you, thank you, thank you.
DAVID: You're very welcome. I'm glad that you asked me on and I can say before we're getting so overwhelmed with emails that I'm glad that I managed to catch the one that you put through because we're getting so many, we're struggling to keep up.
And yes, it's really lovely to meet you. We had a bit of a chat before this. And yes, there's so many similarities. And it's wonderful to meet people, as I said before, with high integrity who are doing this work from a heart center and a love to uplift others in the same way and help them realize their own way of being uplifted and opening up to

themselves. I think that's a very sacred work and it's a very important work right now.
MARTHA: Yes, exactly. And I want to echo that again. I said this to you before we started recording. But one of the things I was immediately struck by the instant I heard your voice talking with Pam, who I would also say it's everything I'm about to describe. Pam, you are beautiful and amazing.
DAVID: Yes, she's great.
MARTHA: Yes. Exactly, but your integrity and your genuineness just came right through, rand the purity of your intention is so clear.
DAVID: Thank you.
MARTHA: Really, really honor that and thank you for being that because….
DAVID: Yes. I think actually in many ways it's the more the inward journey takes place and all the interconnection comes through. It's everything that would be artificial or that you may have had. I mean I wasn't always like this in my lifetime. I was a very different person in my younger years. And it simply gives way when you really, really open to that truth within you. It is a truth that is not, you can't distort it. You can't mess with it. It just really is there. And I feel that's one of the things that just happens quite naturally when you do that work on yourself, you keep going with and you keep connecting and you keep melding with your truth, your higher self, your core self, your Source self, which of whatever you want to call it.
So and I think that energy just emanates and I, like with you, I see it with you and I see it with others. I see it with Pam. Michael's got a lovely energy too. And there's so many other people that I've had a blessing to meet that have that presence. And like I say to people that, and some people say, well, how can you tell like, how do you like know who to connect with? Well, you read that energy unit that they can't make their energy up. It is what it is. It's emanating as it is. So if there are distortions over laying their energy, you will be able to pick them up and you will know who that person is and I say to people like when you want to connect with the guides, the beings and everything, one of the first things they usually do is ask, can you feel our energy and you know who we are and do you know what we're

about, please take your time to have a feel and they usually invite me to do that.
Once you get to know how many other energy Who they are. But it's really important because I think that's one of the things that humanity is going to learn as we progress to become multidimensional beings rather than just the density, very densified beings, is that we're going to learn to read energetically far more deeply.
You know, people use their eyes, their ears, other senses, they try and sort of find out if somebody mentally, like where they're coming from. But the real key one is their energy because you cannot fool somebody with energy. Your energy is what it is. There's no masking or overlaying or covering it up. And so that to me is a very important perception that is coming more deeply into the fall, I think.
MARTHA: Yes, and with you, I just feel pure heartlight.
DAVID: Yes, thank you. I'd like ways to.
MARTHA: Wonderful. Well, OK, so many directions that we can take this, but I would love to start with. I would love to hear your take and maybe coming through you coming through your team, whatever it feels good and alive for you. It's a big question, but what how would you describe this exact moment we are in on this planet, like we're both you and I and so many people listening. We are here in this exact moment embodied as Earth cosmic beings, right?
For this exact moment, and we each have our own role to play in this moment. So what is this moment to you? What is going on? And that's a cosmic question. I would say, you to that question would be. What is your top what's your sense of the top priority that we be doing?
DAVID: Now, OK, that's a good start. OK. So what I would say to that is that one of the things, that the main things that my high self and my teams have been very prevalent about is that there is nothing more important than the coming together with your truth.
And all of the issues we see currently purging out of the Earth right now, all of the hubbub, the drama, all the difficulties, the strife, everything else like that. They were saying what humanity needs to understand and I feel my team sort of contributing to this now is that this is the undoing of millennia upon millennia of misinterpretation,

misowning, misappropriation of energetics for very many different reasons.
And it doesn't really matter too much the who's and how's and what's and everything. But they're saying, what humanity is learning to move into is energetic self responsibility. And what that means is they're saying, is that when you when you truly become more into your core, you begin to understand the energy that you generate.
You become aware of the energy that you generate. And they're saying, take an example where somebody has is having a spat somewhere with somebody and they're really going at each other. They're not aware of what it is they're generating and what's coming out is that deep traumatic stuff that is there and is trying to give itself a perpetuation.
And they're saying, if you imagine that now, layers upon layers that has been in the Earth because of humanities lifetime after lifetime of different struggles, battles, you name it, all sorts of things, all sorts of discordant misappropriated energies have been created because they're saying, you have to remember humanity has a very, very powerful emotional energetic, very strong.
And it's one of the reasons that has attracted many different races, not so nice ones, but the really good ones too, because of how strong we can emanate these energies. It's really, really strong. And being the nature of who we are as a combination of master races, and they'd all contribute to different components of their genetics to make what we have as the human form.
We're not some kind of, how could you say, just forgotten planet and the middle of nowhere, just trying to make our way. This experiment was a beautiful and is a beautiful unfolding. But because of the strength of our emotional generation, we can create very powerful positive and very powerful, discordant energetics as well.
And this is part of the learning process of how humanity is learning to stabilize and become responsible for what it is they generate. And so by coming face to face with all this stuff outside you, they're saying, what they are asking people to do is say, OK, what am I emanating to create that reflection in my experience?

And by doing so, how can I gain better responsibility to understand? Ah, there it is. I see that energetic and sighing now, I'm going to go and heal it so that I do not generate that anymore and my experience can rejuvenate itself to something much more harmonic.
Step by step, as you do that, your experience becomes less dramatic, less chaotic bit by bit and suddenly settles into the harmonious generation where what you are putting out is purely harmonious, it's purely heart-centered. And by connecting with the Source creator or the higher self within you, whatever you want to call it, that core aspect of you and allowing yourself to blend and melt back into that.
Because a lot of what we have as humanity is sort of dressed up stuff. It's dressed up personality, a whole bunch of other things that we've kind of nestled on the top of our shoes and it's covered up by a series of masks. And one of the ways that they express this is we have what we call identity. And they said, if you look at the word identity, it's spells a *dent* in between your two I's and always leaves you with Y.
So in other words, it's all identity is a mask that covers and distorts your perception of who you really are. And then because you have now lost a certain level of connection with yourself, you're left with why, you're left with wondering, OK, who am I now?
And these are the layers of identities. And this is what plays out a lot in humanity right now. Identity is trying to beat out other identities. And you see a play out all the time. And all of the drama we see has a deep base in all of the identities that people cling to and have within them.
And what they're saying, right now is they're coming through. They're saying what we would love to see humanity step more towards is a greater trust within themselves because one of the reasons why people have identities is because they are afraid. They're afraid if they let go, fully let go.
Oh, my God, what's going to happen? Am I going to fall off the cliff or something or is something going to happen?
And they're saying, when you learn to trust within yourself, the almighty power of what you are, you will realize you have always been supported and you always will. You're literally falling into

yourself, which is an unlimited powerhouse of love, light intelligence. And to me love is simply a word that describes the presence of the Source Intelligence. That to me is what it is.
And so in a nutshell, they're smiling, they're saying, the most key thing to answer your question is people connecting with the heart centers and most importantly, surrendering to the heart center because that's a big thing.
A lot of people, they're saying, one of the difficulties and they're saying, this is in no judgment and they're saying, we say this with humor because it's important to have that. They're saying is a lot of people try to make themselves go into their heart center and do not relax and let go.
And they're saying, the fields within the heart center will only let the real you in. It will not let your identities in. It will not let your personality get in and so this is where a lot of people tend to get stuck and they're saying, be playful, be open and surrender to self.
That's really, really important. And they're saying, the more you practice that, you will just see results very quickly changing in you because they're saying, as that energy emanates and you connect with it and cultivate it and allow yourself to blend into it, the discordant emanations that are creating these signals going out that you're broadcasting will fall away. They have all lower energetics, all dense energetics and disharmony ones by the way that that everything has been created, give way to the higher ones, the harmonic, the ones full of intelligence. They cannot survive or stay intact within that presence.
And so you don't even necessarily have to do anything. You just keep connecting and let the dissolving take place. And it's really quite simple. It just takes that practice and surrender to self. But I find that's the big one is and in myself, I can say, for my own experience, I struggle in the beginning because the feeling of surrendering was like giving up control in a way of speaking it.
But I quickly came to realize in my early years, what they're asking me to do, no, no, what you're doing is control is an act of grip, whether that's a gripping of a mental idea, a gripping of something physical. It's a pressure. It's a grip based on fear that and they're

saying, you cannot let go of your true self, but what you can let go of is not you. So when you fully let go, you then start to return to who you really are, which is the absolute surrendering to self.
So yes, I think they're saying, I hope that answers your question.
MARTHA: Yes, there is so much there. I'll just say briefly in my own personal praying every night. So I have my own personal prior prayer practice that I do every morning before I get up. And it's not one that I share publicly, but just to say for me recently, they have me clear. Okay, this is not recent. This is this has been going on for a long time, but they have me clear of anything that is not of me, anything that's not truly me, right? And then I clear anything that's not of the light, but as part of getting to being the light, they say clear anything that's not you. That's a huge key and after that, every single day.
But one thing that has been more recent, just in the last week or so, there was a really tragic event that happened a week ago in my local community in my kids school world that didn't affect me personally, but was extremely traumatic and I was affected anyway.
Anyway, so in my praying, what I noticed and what my guides pointed out to me was that my body was clenching a lot because of this legitimately, very traumatic situation going on. And what they kept having me do was to let go, your body needs to be relaxed. Like it's totally understandable that you know, XYZ is upsetting to you, but we need you to be relaxed so that your body system can be fluid. Yes.
DAVID: Yes.
MARTHA: Absolutely key. They said you have to do this because you can't be of service in the way that we need you to be if you're clenching literally.
DAVID: Yes. Oh, sorry. I know. Yes. It's very true. And I think I feel that that's very much their message to me and has been for a while as well, because with the difficulties I face when I first began my path and for many years after one of my big issues was these unconscious grips and there are layers within the unconscious subconscious aspects of us, which are holding on for dear life sometimes.
And this is part of the healing process. It's becoming aware of those. And they said when you become aware of the energy inside you, you can then synergize so that you can then make changes. If it's not

something that you want to look at or be aware of, you can't make changes to it because you're holding it away from your conscious abilities in a way of speaking.
And so the courage and the bravery to simply trust in yourself and know that whatever it is inside your unconscious or something that is there that's causing the grip is nothing to be afraid of. It exists within you, whether you acknowledge it or not.
So simply coming into acknowledgement of it means that now you can fully heal it now that you can synergize, you can fully heal it. And this is something that I came here screaming immediately, trying to when they were sort of telling me this. Because one of the immediate human reactions, usually, oh, God, what's that? Go away. It's like in a way of speaking.
And when I learned to just go towards these and I realized that they're almost like very wounded children, these fragments. They don't know where to turn. They're acting out because they're afraid. And these are aspects of us that because of some of the traumas we've had in different lifetimes, they were never able to recover from that because of the density we were in.
So we carry them forward for further resolution in different lifetimes. And then when you sit down with them, and one of the simple ways I like to do it is to say sit down with it in front to me with this transmutational flame, and you say anything you want to me, express out everything you want to say, whether it's calling me under the Sun, or saying whatever it is you have to say.
And the release that these aspects of us get by doing that, and now you then having the turn to express how this experience has affected you, there's a mutual understanding. And then suddenly, instead of being at loggerheads, there's an understanding. And then the ease of which they are willing to go up with the core self, the higher self and be cleared and healed is so profoundly quick and it's such a simple process.
I always encourage people to find your own ways of doing that as you like to do. And it is because you might have a different visualization or way of doing it. But because of the trauma of human experience, that people have a lot of different fragments. And these in some ways

could be considered different packets of identities within the field of our consciousness, and sub and unconscious as well.
And this is the thing, this is what I feel we're here to do among some other things as light workers is to really go in and practice and say to our high selves if you wish to. Okay, are there any other fragments I need to deal with today or look at?
And can you bring them forward? And you can even make that a very simple daily practice to really start healing and realigning the aspects of the fragments. And what I mean by fragment, I should probably make clear.
When we have traumatic experiences, it can create a sort of energetic fracture where a fragment of us, it hasn't broken off completely, but it feels like it's something within us that isn't us, if that makes sense, it feels like it's a separate part, but it really isn't.
And so that fragmentation can occur under traumatic experience, but it really is quite easy to heal them once you understand what it is that you're dealing with, you're actually dealing with an aspect of yourself that needs help and it needs healing.
And I feel that certainly with the people that I've talked to within the ISC group or the Infinite Source Creations group, the profound effect that they've had by doing those fragment meditations and healing those parts, they've just felt like they've jumped many, many years of things that bothered them for a long, long time that just vanished.
And I say this is really the aspect of how the simplicity of what the teams and the guides and our high selves are saying, it is actually a lot more simpler than we think. We just overthink it a lot and when you come back into the simplicity, and these are just literally aspects of you, like family members that have had a not so nice experience, they want to hear your voice and they want to they want to go out for healing. And I for myself and my own experience have experienced colossal transformations just by doing that. So yes, definitely.
MARTHA: I would love to pivot a little bit to a topic that you haven't really spoken about publicly, but your guides before we got on said, okay, for us to speak to. And that is, as I told you before we started recording. So I currently this year, I'm holding four different year long

courses. Okay, so in one of them, I'm channeling Inner Earth beings, and in another one, I'm channeling stars.
And in another one, I'm channeling the planets. Okay, but the one with the Inner Earth beings and the one with the stars in particular seem to be matching up with each other amazingly often, right?
So it feels to me like the Inner Earth journey and the beings of the Inner Earth and the beings of the stars are in continual relationship with each other. And they both have this massive role for helping our world in this moment, helping actually existence in this moment to be doing this transformational process we're in.
And what I've heard you channel is uncannily similiar, especially to what I mean, certainly what's been coming through for me from the star systems, like I've been channeling play a lot lately and very, very similar messages that you get through the Pleiadian people beings, I think. But the Inner Earth beings have been channeling things that are so almost identical to what I've heard you channeling. And I mentioned this to you. And you said, actually, I have a relationship with them as well. And so I would love to just learn more about that side of things for you, whatever you feel comfortable sharing.
DAVID: Yes, sure, don't worry, that's a great that's a great topic. And actually, before I start that, actually, I think it's important that you touched on something about how they tend to synergize together.
And one of the things my teams just wanted to say here is in a message is that when beings have a certain level of interconnection with a high self or heart self, there is a sensorial or energetic synergy that they start to feel with other beings and groups who have the same.
And they're almost like you become aware of this huge web of light interconnectedness between different races. Yes, literally, yes, exactly. And this is something the more dense you go, you start to lose access to. And this is one of the conditions why so many human beings feel isolated and cut off. That's not a real sense, but it's due to…
Imagine if you, I don't know, you're out in a beautiful field somewhere and everything's great.

And there's a pool of molasses there and you jump in and it's Oh, God it's like suddenly you lose all perception of the beauty of everything. And the interconnectedness that you're stuck in this goop. It's kind of similar in that way. And literally, as we shared those lower vibrational layers, our sensitivity to that interconnected light system the field system of living energetics, as I call it becomes more and more in you start to sense it more, you're aware of it more.
And this is one of the things that many light workers, I have no doubt either already aware of or are going to become aware of as things move forward. And so yes, I totally agree with you. The Inner Earth beings that I've met, and there's very different levels, as many different groups that live within as I understand. And my experience it first happened when I was, I mean, I'd connected with a few, but when we're back in the UK, but it was more so when we moved to New Zealand, that I started having more visceral bilocation experiences.
And for those who haven't heard of bilocation, I originally had my awakened experience by doing a remote viewing course, which is basically about learning to gain data from different remote parts so that you can assemble a picture of what it is that you're looking at.
I had very, very profound experiences with that, but my teams didn't want me to walk that route. They said right now that you've kicked on, now we're going to take you this way and very slowly over time, they helped me develop as sort of almost a very personalized method of being able to move.
It's a combination of many things, but it's the ability to consciously see and perceive here and feel in a different location, even though you are still aware that your body is sitting in the room with things going on around you.
And everybody has this ability. This is not a special gift to a selected few. Everybody has the ability to do this. And what was what took place is I started how these experiences are going to meditation. And I wouldn't necessarily be doing a bilocation. My higher self would come in and say, well, there's a group of beings that wish to meet you and we'd like to organize the connection.

And yes, and so I'd go into this state and I'd be taken in some of these beautiful places. And one of the first places I went to was a group of beings that, and it's interesting because I've had a lot of encounters where I haven't reconnected with them, but just to get the initial connection, because they wanted to introduce themselves. And then later on the beings known as the Telosians, which is quite well known among many people now, they came across and I did quite a bit of work with them, which I can go into in a bit. But it sort of described some of the features that I saw, there's an immense cavernous structure that they were in. I mean, so big that you would think, this is not a cave, this is like an actual world in here it's that big. And but in the place that I was taken to was in this, it was away from the main sort of and their cities, from what I could determine were mostly crystalline in their structure. Yes, exactly. Exactly.
MARTHA: Okay.
DAVID: And it was on what I can only describe as a hill with these most very beautiful rocks. If I were to describe it, it would be like shimmering tourmaline in these, but it was kind of odd. I don't think it was tourmaline, I might be wrong, but it was there was just something about the rocks and the way that they were behaving energetically that was quite significant. Anyway, there was two people came along and it was a female in a male.
And they just wanted to introduce themselves, they gave me a chance to have a look at the largest structure they were in.
And yes, they were talking to me about that and I got the feeling that they really wanted to start more introducing themselves to humanity because at some point they're going to, are you getting that as well?
MARTHA: Yes, literally exactly what happened for me. Keep going. Keep going.
DAVID: Perhaps we were in the same cavern at the same time. I don't know. You didn't know. Yes. And it was interesting. I visited that group a few times and I got the feeling that they were, I mean, I don't think they wanted to be specific about the location, but it was somewhere around the Americas that I could get the gist of, but I don't want to be more specific.

But yes, and very gentle they were just like us in our, in our form and our nature, very human presence. And many of some of them have come from different star systems, but others have been previous generations of humans that were taken down underneath the ground to survive certain cataclysms as well, literally.
So that was the impression I got to as well. And yes, so I had a number of different experiences like that. And there was one as well, their ability to work with crystalline intelligence is pretty phenomenal. There you go. And one of the experiences that I think I'm okay to share is that I was taken to what was actually a cave. I'm not sure if it was an offshoot of the main cavern, but there was a group of them sitting around what seemed to be a crystalline form.
And they were holding crystals in their hand and they showed me they could hold it in their hand. And it literally started glowing immensely with energy. And they were doing it consciously as well. And so they were there. If I would be so bold to say that my interpretation of the way they live, they live very harmoniously in a natural setting using crystalline structures as their building materials in a way. But they are grown consciously as well.
MARTHA: Yes. I'm going to let you talk and then I'll say thank you. I'm really kind of losing it. They're similar. Oh my goodness. Anyway, yes, the main the couple who came to me or that was a man who came to me and then he took me inside the mountain. And I met his wife and then he took me into his home and they and took me into their backyard, which is entirely, it's a crystalline garden.
So it's plants, but they're all made of crystals. The main thing that he originally this is years ago when he first started coming to me. But the very first thing he told me initially was that eventually one of the books I meant to channel is called, it's a series of eight books called *Living the One Light*. And but the seventh book in the series is going to be called *The Crystals Speak*. And it's going to be channeled through the inner mountain wisdom, ancient wisdom about crystalline life or something. I don't know. I'm not channeling it quite yet. But yes. So anyway, keep going.
DAVID: Yes. I mean, it was amazing to see. I mean, the way they live, everything around them has a symbiosis and a synergy with

them. Nothing is how could you say? I mean, in our way of living we go to cities people are sensitive, you can feel that of the kind of yuckiness of the emanations coming.
And it's because the buildings, everything carries intent and intent within the fields of what they generate. And so if something has been built with a purpose of a very low consciousness, whether means to take or demean or disempower, a whole bunch of things like that as a sensitive person, you will sense the caliber of the energies coming from that.
Now within these beings, and then their cities and their surroundings, everything is mutually symbiotic. It's all mutually supporting because it was it was all created with beautiful intent and grown with beautiful intent as well.
And that, I guess, sort of rush of energy when I say that as well. That is one of the places that is coming to us. And I can feel them saying it's simply when you are ready there isn't anything holding us back from getting that. That it is actually ready for us now. We just have to choose to jump on it and work with that.
And I think it's great that you've asked that question because it's something which I really feel needs a lot of airing in humanity's consciousness, that if you think about it, very much like what your teams were doing this, they really need you to let go and relax because when you do that, you allow all of the energetic centers to open up and flow properly.
And a crystal structure is a perfect example of an open conduit like that it is a living intelligence. It can hold multi-dimensional fields as well as well as more physical sort of electric and magnetic properties as it’s got its feet in both camps, so to speak.
So they are very, very beautiful gateway bridges between levels. And so it was no surprise. I mean, the beginning when I saw it, I thought, well, this is so cool. This is a beautiful what you guys have here. And the more I began to understand what they were saying is that that crystalline material living crystalline material is a very core aspect of their makeup the way they live definitely. Yes.
MARTHA: So we could have so many hours. I'm really blown away. So I would say, yes, I'll touch on one thing really quickly and then I'll

ask you a question. One of the many, many, many things that they have been telling me that they will eventually need to channel through me, but maybe through you through whoever is meant to let this this knowledge back through into our world.
And really through each of us individually, I feel like we are each conduits. All of us are congruent. But the rest is congruent to me, right, but one of the many, many things that over time they do want me to reintroduce in my own way to the world is the whole crystalline structure of our bodies, the crystalline structure of the Earth, the crystalline structure of stars, the crystalline structure of existence.
And so they talk a lot about it, it's a whole topic. But they talk a lot about reintroducing the reality that we have a cardiovascular system, we have a respiratory system, we have a meridian system, but we also have a crystalline body system.
And that they have over the last several years shown me a lot of the medicinal, their ancient medicinal knowledge, working with the crystalline system. So that's a whole topic. I don't know. But for some reason, I'm feeling like I'm supposed to say that out loud right now. Actually, I'm sorry, did you want to go ahead?
DAVID: Yes, I was going to say the interesting thing is one of the very profound things within us is water, because water actually inherently is a form of liquid crystal in a way. And so water can behave in very crystalline like ways. Obviously when you freeze it, it has a crystalline structure to it. But it also has a dynamic fluid crystalline nature to it. And so we're 80% water.
One of the amazing things is that the water that they had there that I remember was pristine. It was and this is the other thing when people talk about crystals having living consciousness, and they most certainly do. There is an awakening happening that my teams have talked to me about, which is to do with matter awakening the literal matter awakening itself.
And within that, I believe that water itself is going to present itself as a living entity in and of itself, in that it's symbiotically within us. It's in our oceans, our rivers, our streams, we live with it.
It's like a liquid crystal that we and I think there's a lot of knowledge that that we as humans need to understand about what I consider as

the large field of living energetics, and that includes crystalline living energetics, it's all about the conscious living presence of energy in different forms, particularly in crystalline form and so forth. So it, as you say, that's a massive subject covering quite a few hours worth of...

MARTHA: Yes, of course, Veda Austin is very well known for her work with the consciousness of water, etc. So I mean, that's a whole topic too, but yes. Yes, I would. Okay, it's like one more thing here, I would love we could just talk for days and days. In the in this series that I'm holding where I'm channeling the inner mountain beings, again, I would just like, I would love to just touch on the highlights of what's been coming through because it is so bizarrely similar to what you're channeling.

And I would just love, anyway, I'd love to just discuss that for a minute. So I'm in this, it's called the Ben We?* series and so I'm channeling once a month starting, I started in January of 2025, and it's meeting once a month.

So I've now channeled five times for that series. Okay, so what it started out with was the inner mountain beings leading us into their world out onto this gorgeous veranda under oak trees and in their magical that world that you're describing, right? And actually, this is a whole other topic as well, but they every time they bring snacks and drinks that are specific, they're crystalline food and crystalline drinks. And so they have they look like human food, but they have this like almost iridescent quality to them, right? They're the magic and they're designed specifically for the needs of each individual being. And they're they remind me a lot of what you've described with your devices when you put your devices near food and how it energizes the food. That's what it makes me think of is, I imagine what the results you get with your food maybe being somewhat similar to what I experience with this Inner Earth. Yes, quality, something like that. Sorry, go on. I'm going off on a big tangent.

DAVID: Yes, well, it's fascinating because the journey that they've taken me on to understanding living energetics fields and what the energetic codings within fields do within matter as well. And one of the things that has been very in focus for me is that because of the

lack of understanding and working with and from that Source self within us, that humanity has had over many, many millennia, the energetic rejuvenation of matter, matter fields, food, water you name it the air, for example, those are all very similar in this topic is that when we, for example, eat food, with a lot of food, contains within the fields a whole plethora of energetic coding, that encoding could be damaging because of the bad intent because whoever made it just wants to get tons of cash from you by selling you lots of stuff you don't need all the way through to other things that are going on as well.

So when you eat food or drink food, you actually assimilate and absorb the coding that is stored within the food. It's very important because it's not just about nutritional stuff that's very important too. But the aspect of the living quality of what it is that you are taking and is exceptionally important.

And it what you just said there is very spot on in my view because these beings are aware of the nature of the coding and what is best for them in their unique state of being. And this is literally the kind of the premise of the devices they help me build, which is what you just spoke of, to really invigorate and change the energetic coding, rewrite it.

So instead of having degenerative coding within the fields, it's now generative. And you can make specific requests of the field to have it be what it what it is that you need right now if you want to, or you can just leave it to do its thing as it is. But I think that's another aspect or example of what they were saying about your humanity is going to learn to step into energetic responsibility. You will understand energetic coding, you will understand the emissions you give off, you will understand what you take in as well.

And you will learn to be very purposeful, I would say is probably a good word about it, in what you give out and what you take in as well, so that you are really living the optimal life that it is that you want to live, and that you will have the abilities to adjust the coding, like you described there as well, like these beings did to exactly make the food energetic coding what it is that you want it to be. I think that that's exactly right.

And it's the same with the air when you breathe in air, you're not just breathing in oxygen, you're breathing in codes that are stored within the fields of the air you assimilate that. And so this is another thing which is very important, and I think really feel that humanity is going to start learning.

And I feel there is an Earth group here right now, [dictating] and they're very keen for humanity to learn this because they're saying, one of the things that has been mismanaged on this planet is a misunderstanding of the nature of symbiosis and it's the nature of you don't just exist here to just do whatever, that everything is symbiotically feeling what it is you giving off, and you are feeling everything in return as well.

And when humanity learns to have that level of, they're calling it sort of the sweet joy of energetic exchange is the phrase that they're using. I've never heard that phrase before, that's very cool.

And I feel what they're saying is, they're really excited about this so I'm missing a few words here.

Okay, they're saying, the key to this is the connection within the core, of course, like we discussed before, and the ability to transform and change coding and material comes absolutely from here. Everything can be done from the core of the heart center. And they're smiling, they're saying that they're really excited because humanity, the veils are really being lifted off now.

And it's being done gently, they're saying, so it's not to unsettle anybody everybody, because They know there's a transformational process as people learn to let go of what they're holding on to from the past to being open and self-surrendered in a future civilization. But they're saying they're really looking forward to the time when they can interact on a level where we really do live that symbiosis, because they're saying, the richness of what you experience from another living being that is in that state, and you are in that state as well, that receptivity and that offering is very profound. And the amplification of that living energetic goes really high when you do that. Yes, so that's one thing they're emphasizing, they're saying, that's coming sooner than you think.

MARTHA: Okay, just so uncanny. So here's what I was about to say. Okay, I'm just stunned. I'm just in awe. So here's what's come through so far.

In January, the first channeling was the Inner Earth beings holding space for each person to be lying under this canopy of oaks in this magical world and we each get this like perfect lounge chair that's designed just for us and covered with a perfect blanket made of the material of the Earth. And anyway, on and on, so exquisite.

And then each person's spirit team comes and surrounds them. And they had the each person's spirit team place one hand behind the heart and one hand on the heart, actually above the heart first and then on the heart. And what they were doing was the that first month, they said, all we want you to do this month is just acknowledge, notice, and be with the reality of the golden seed of your being in the back of your heart, right, lies in the back of your heart.

And this is the golden seed of you as a being. And so for one month, we're just supposed to just feel our spirit team holding like kind of like doing Reiki holding that inner golden seed period. And they kept saying it was like they were showing me like being at the center point of a like a galaxy or like the Fibonacci sequence kind of a feeling right or a shell or whatever.

And they said, we know you're excited, we know you all want like to do the whole thing right now. Yes, we need you to go really slowly, especially we're going to start so slowly. And so all we want you to do this whole month is just let your inner golden seed be held.

Then in month two, I might not remember this precisely in order, but basically the idea was then then the next step was they're still holding that golden seed and then the golden seed started to sprout. And sprouting was the light code filaments of our own personal light code, like re-emerging, right? And they kept saying *The light knows the way.* Just release, let go so that the light, literally the filaments of light themselves can start to take back over.

So then, was then those light codes then started to go through all of time and all of space. So through the whole time-space continuum, and they became this light grid of these threads of filaments creating like a like a chrysalis of light, of existence, all of existence. The only

thing beyond this chrysalis, of the light codes is the void, which is the all of everything, right? But not in time and space.
So anything in time and space is the light grid of this chrysalis. And then they basically had us just practice just being that light grid so that then we can re-embody that wholeness that we are.
And again, they're saying, *The light knows the way just let the light basically take back over.* And now I'm losing track of the exact what was month four and month five, I can't fully remember, but then this past month is so powerful. So similar to things you're describing.

So then they took us each month. They've also been taking us in the beginning, they have us go into the mountain. And they give an option if you want, if you don't feel claustrophobic, you can, if you want, then they lead us down into the inner caverns and the inner tunnels of the Inner Earth. And they started having us go into the center of the Earth itself.
And this last month, they had us go all the way to the heart of Gaia. And we were given this option to be in the heart of Gaia in the light of the heart of Gaia. And it's like this cavernous place where the song of her is like a gong just going boom, all this multilayered toning.
It was like getting a sound that was the ultimate soundbath of Gaia literally and the sound of the songs of the stars and the song of all of creation started basically doing this massive epic sound gonging, to hold us, to help us basically come back into a knowing of who we are. This will start to, in a sense, help us release anything in ourselves, in our being, that's not of those light codes, that's not of the song of our true, true, true essence, right?
You get the idea, that's where we are now. And what's fascinating to me is that, the other part, this is also so similar to what's coming through you.
So all of that is key coming back to the light codes that we are is absolutely key. But then part two has been as we ignite those light codes.
Then the next focus is on our heart space, so they keep showing me the heart space is this big rose or like a flower or something,

whatever arises for a person, right? No one answer, but they show it to me as a rose.
And what they've been saying last month and this month and the next month is really the focus needs to be on nourishing, being with that rose that is our heart center, nourishing it, but also really being very conscious to understand the nuances, the depth, the tenderness and the strength of all of the aspects of this infinite being, which is our heart center and for us to know that we need to go to our hear. We need to be in our heart, blah, blah, blah, but that's very, very simplistic is what they're saying. And so there's this whole world that we need to hold space for to completely revolutionize our whole understanding of everything, when we really understand that heart center.
And then the last thing I'll say then I'll let you talk about it. It is so fascinating to me is they've been showing me the first six months of the series since last November or December. But and so they showed me that the first component was going to be what it was. And then the second sort of three set of three months is going to be about the heart and really focused on the heart. But after June, what they've been what they've said to me since last November or December is you're going to have such a you meaning Martha, you're going to have such a massive shift after being doing those first six months. We're not even going to bother showing you this, we won't even try.
So I have no idea, absolutely no clue, what July onward is meant to be, where it's going to be. Because it feels like whatever shift is just there. It’s like some key is in that that is so quantum. I don't know what other word to put to it. I would love any thoughts you have.
*55m
DAVID: Yes, let's start with, it's interesting because when a baby is being created in the womb of the mother, the first thing that starts to develop is the original eight cells, which is a very sacred pattern. And that forms because it's the heart organ, which is the first aspect to develop. And I have a feeling what you're saying about the goal of the seed there is the original template stored in the original eight cells, which becomes the heart organ and then expands from there.

And I think they're saying a yes on that. That's one of the things they would like you to be aware of, I feel they're saying. And it's very fascinating because I want to just sort of, I've got a few things I want to add together, but I probably should start at this point maybe. And it's one of the things to do with creation and what was described to me is this, when you perceive what you call darkness or chaos or whatever, they're saying, what it actually is, is because of this experiment of contrast, so that Source could have a contrast between this pure, brilliant all compassionate omnipresent beingness, but to get a contrast against itself to understand more fully what love can be experienced as is that a game was created where you would have the ability to perceive, but you'd be able to perceive a what an apparent lack of that living intelligence instructor would look like. And in our perception, that's dark. So in other words, what we see is dark is a dimming or the sort of false dimming. It's really an illusion. It's just part of the game so that you can have a perception of it because there really isn't anything. Source love is all there is. There is no else is it's the infinite wonder of everything.

And because of what's happened, because of these perceptions of this dimming down, this lack of Source Intelligence within matter has become so prevalent. The part of what we're doing is we're reawakening and reweaving light streams into matter, into structure, into our experience into our consciousness to reawaken and literally re-lighten or light the bulbs up again for what was previously dimmed down to make this experience happen. **MARTHA:** Yes. Oh, wow.

DAVID: I feel that's one of the things they've showed me and I've had many experiences and they've done it in meditations as well, just like they were showing you, where these light fibers are a lot like conduits. I mean, you call them tendrils. I think it's the same thing. You know, coming to plane, they start spreading out literally like the roots of a tree expanding out and then literally delivering light as a conduit mixing into matter.

And They've been very clear that one of the aspects of this great awakening process is matter is transforming from a seemingly dim, dead mechanical state to a living, vibrant, energetic material

structure, which is very different from what we have right now. It's changing, but I'd say very different from what we've had in the past. So what's happening is that as our whole body is becoming fused with that Source Intelligence and it does flow through these beautiful conduits or tendrils as you call them or whatever word that you choose to call them is everything is becoming awakened, the compression is starting to come off and the glow, the return of how we perceive Source light or Source love light to be present within that material structure is returning.

And in reality, what they're saying is, what's really happening is this temporary false veil that's been pulled over is just being lifted up and now you're seeing what was really behind there all the while and it's fantastic because the trouble with having that level of densification and compactification of matter and then having your conscious anchor into a body that is under that massive compression and densification is it creates a real sense of isolation like that you are separate from everything else.

And I believe that was also part of the experiment to see, okay, can people can beings go into this state and find their way back and all the experiences that are going to happen along that journey as you re realize who you really are. And it's so beautiful because to me the access point to that Source Intelligence is the heart center and it's the gateway to I mean, what I call the teams have called the infinite Source gateway, which is a center point gateway right in the Sacred Heart, which is the Sacred Heart is the heart of the soul or the high self.

It's a beautiful field system, which is there and it's beautiful because it will absolutely let nothing else but you in there. That's the thing and there's a direct calling point in there when you go into the infinite Source gateway that you have direct access to the infinite Source Intelligence. And we each have that and I feel that's one and I can feel my teams really liking that and the Inner Earth beings too. They're saying this is where they would love humanity to get to because they're saying, our genetic structure, our makeup, we haven't even begun to discover all the treasure troves that that are here. And by lighting that up and activating it with that Source

Intelligence that emanates from our heart, they're saying, humanity is just going to fly, it really will. And it's going to be an amazing, amazing journey.
So yes, that is as a message to everybody out there listening, really take heart, pun intended, because the unfolding that's happening, although it doesn't look very nice, it literally is a millennia old misappropriated energies because we didn't we came into this experience with diminished access to that purposefully. Because if you had full access, this would be easy.
You just poof and we're done with that. That was that wasn't so hot, but if you if you come into an experience where you have purposefully veiled yourself from that massive infinite potential, now you have to sort of take this journey to work your way back into remembrance and the discoveries you make about yourself as you do that remembrance are really profound.
And so it is this this wasn't a mistake it is, I believe part of this, I know things have been added to it, which were not so welcome to be added to, but in the nutshell of things, I do believe that there was this grand experiment about what happens to beings if they could forget, lose a certain portion of that connection, and then take a journey to find their way back.
And we've discovered a lot of things on the way, including a lot of the not so nice things that we've had to put up with and go through as well. So it hasn't all been roses and chocolate, so to speak. But it really is that the simplicity, I remember one of your first questions was, "What is the most important thing to do right now."
And for me and my teams, my high self and from the Source Intelligence that comes through is the most simple and key thing you can do is surrender to self and open to that heart center within, because there's no real words to describe it.
It's like this beautiful unlimited emanation that is there, has been there, and always will be there, for you whenever you choose to access it, and to embody that and let it come through and really let go, bit by bit, step by step, however you wish to do it, and then become that again. Humanity is going to be truly phenomenal. It really is.

MARTHA: I just say the last thing I'll say is again, another similarity that comes through in my channeling that I've heard you say several times is, despite me, Martha the human is very, very, very upset by many things happening on this planet. To me, it's extremely upsetting. Yes, really, truly.

And then when I go into my praying and I, whenever I channel, they, meaning all of the realms, the infinite benevolent realms that I channel, that all of, every single one of them are not only happy, they are elated. They are so excited.

I'm just tuning in right now to the beings of the stars who are, they're just sort of continually sitting there watching me, watching us. And I've just been experiencing them lately as like these grandmother grandfather ancient ancestor beings. And it's like they are so timeless, so ancient, so old, compared to the human us, it's like they have this loooong view. And I feel them just sort of going, yep, you got it.

DAVID: Yes, another thing to add to that is that my feeling is that from talking with my teams is that amongst a number of things, because of the DNA aspects from master races that we have that have gifted exceptional parts of themselves to make the humanities core.

And the fact that we, if you think about it, we have in this experiment gone down to the lowest points the densest points.

And now we are rocketing our way out of it. Now, a lot of gunk gets to be seen as that stuff gets broken down and shed off, which is partly what we're seeing right now. And my teams, and I always say to people is don't get it, try not to get involved or attached to that, because this is literally, excuse my French, but this is the crap coming out that has to leave. It can't, it just cannot survive here.

And this is millennia upon millennia of very powerful beings, making mistakes and making wrong turns with their energetic generation, because of fear or survival, a whole slew of things. And that's really to have compassion with ourselves, because we have chosen to go through this experiment under such densification with the premise and the sheer excitement of saying as a powerful unlimited being, that we were going to go into the most densest, most forgetting place possible, and we were going to get back to where we were again. But

it's almost a little bit, the energetic fitness that you gain from going from such a low point and working your way up to such back to where you were, is phenomenal.
And here's the other thing, by doing what we are doing and solving these puzzle pieces, breaking the darkness down, removing those misappropriated energies, healing and restoring ourselves to our true selves we are actually creating colossal and profound puzzle pieces, which are going to be emanating all across existence.
And so many other planets that might, I mean, they're very few compared to how many there are out there that are experiencing this forgetfulness experiment and getting stuck in it. Suddenly, this whole elation of what we're doing is going to expand out. And this is another reason, because the way that this universe is interconnected, there is something very, very profound and important about the work we're doing here.
So they keep telling me all the time, all eyes are focused here right now on this planet. That's how important it is.
And the job that we have done as the collective light worker community has been so phenomenal. And I remember saying on Pam's show that they were saying that they didn't expect when we first began this, when they looked to probability fields of what was expected to happen, this wasn't even on the radar. We weren't expected to be where we are right now. We have opened so many doors that were thought not to be openable back then in so many different levels, that we have opened possibilities and potentials to ourselves that are literally off the charts.
And I believe that's another reason why these beings are so excited. They really are excited to see, wow, holy cow, humanity, where are you going to take this next? Where are you going to go next? Because all the books we had before, we threw them out the window, because it’s really that profound.
And so I think in the spirit of hopefulness, I would say to a lot of people listening, that again, try not to get caught up in what you see as the muck leaving, because the real joy and the real power that's happening is right inside you. This unfoldment in your heart center is

the most magnificent and profound evolution there is, and it's yours. It's absolutely yours, it's yours, and it always will be.
But the key I think to do is just like you were saying before, it's can you relax and surrender to yourself? There is nothing to be afraid of in surrendering to yourself. There is everything to be gained. And that is just as simple and as beautiful as I think it is. It is self-surrendering, definitely.
MARTHA: Yes. And I think this is the last thing. For this for this moment as you're just discussing the self-responsibility, I keep seeing, so I'm also an astrologer, and I keep seeing the reality that Saturn just entered Aries. And so I don't know how familiar you are with astrology, but this year, we're going to have Saturn in Aries just only for about three months, a little more than three months. It's going to go back into Pisces on September 1st.
And Neptune just entered Aries on March 30th. So, Aries is the first sign of the Zodiac, right? And when these, these Neptune and Saturn both now are have entered Aries, but just for a little window in 2025, and then they're going to go fully into Aries in 2026 and the beginning of 2026, and they're going to finally actually come together at zero degrees of Aries on February 20th, 2026.
So the first degree of the Zodiac is where they're going to fully meet next February. What I'm feeling in that is that, yes, I mean, Saturn is often associated with taking responsibility for things, right? And, and to go from Pisces into Aries, that first degree of Aries in particular, it's like, okay, how are we going to take responsibility?
We want to create these new structures. Saturn, we want to create these new forms coming from that Piscean energy that is, Source, the divine, the reality that we are the divine, et cetera.
But we want to create this New Earth, whatever that means to us, but we have to take self responsibility. There's nobody else who can do it other than us. And it does feel like a humongous component of that in that taking self responsibility is also to be breaking a lot of our patterning around victimhood, right?
And there are so many other components of it, but that's for some reason I feel like I want to name that part of it. Yes. And having, I've

worked as a therapist for a long, long time specializing in trauma and abuse situations and all of that.
So, I really get, really understand how real these, the traumas have been. And yet if we stay in a sense of victimhood, we're not fully taking responsibility in the ways that you've just described, right?
DAVID: And they have something they'd like to share on that and me too as well. And one of the key things to start with is the word responsibility. If you look at it very carefully, it's response-ability, your ability to respond.
So if you think about it in a situation, let's say, for example, somebody comes up to a lot of attitude, I don't know, starts honking at you like, from a car or something, how do you choose to respond?
The thing is a lot of people go automatically into the whole thing, clashes and it goes into a mess. But can you say, okay, how, what energy am I going to choose to create in response to this situation? How am I able to respond responsibly?
And this is a key thing because one of the things that has happened over the millennia of, of human beings going through this experience is that we had forgotten how to responsibly create the energies we wish to create rather than reacting to the things that go around as going into fear, going into chaos, all sorts of drama, all that kind of stuff.
And when I have these experiences with these beings, they are so serene and so balanced you could probably not show, if you want to go up and rant, and raving, and they would just smile at you because they are able.
MARTHA: Yes, exactly. I'm pretty sure you'd pass out if you try to do that. When I go out of the gym, I'll just say, when I do that, they look at me kind of like a ridiculous two year old. Yes, we're a little, little fit over there if you want.
DAVID: Yes. Well, that's the thing because it really is the saying, one of the things is that all of this energetic buildup that has been cleansed from the Earth right now has happened because people have inadvertently or sometimes directly knowingly created discordant entities or misappropriated energies. Now, when people learn to understand, and this, this ties into the victimhood aspect

because a victim essentially believes they are at the mercy of things outside of them, which is completely false.
So everything in our reality, when you, whether you want to look at as a quantum aspect or however you want to look at it, is a direct reflection of the emission, the energy emission we give off. So if we have somebody in our environment that we don't get on with or is causing us problem or a situation could be all sorts of things. It doesn't matter.
The part of being response able is to say, okay, this is in my reality. I don't like it. Okay, what emission am I giving off that is creating a tractary or inviting that here? I have the power to go inside locate that energy and ask my high self and my core self, please dissolve that away or however you wish to do it. There's a whole number of ways that you can do it.
And by doing that, you're then choosing not to emit and request that situation by your emission. And then it doesn't happen anymore. I've seen so many examples in my life where I do that, the things that used to really bother me, just disappear so quickly. And then that's it gone.
And yes, and this is the thing, this is part of the realization, I believe, of dropping away the illusion of victimhood and becoming response able or responsible. When you really understand that your emanation is creating everything, everything in your reality, bar none.
And you understand that you can go in and you can make changes to what you're broadcasting. You can make changes to what you are emitting. Whenever you wish to, you can change that out for something really beautiful. And you can work with your higher self to say, can you just transform that energy into something that is really joyful, really harmonious, something that is beautiful, and is more in alignment with who I truly am in my core, it will be done. Because your higher self always or our core cells always stand ready to help us in that way.
And this is what it comes down to. Once humanity gets to that threshold of being able to respond and not react. You choose what you broadcast. You choose what you feel. You choose what you experience. The world is going to become such a beautiful place.

Because when you look around and you see people in drama, they are reacting. They're not responding. They are reacting to a totally, totally different sphere of being, absolutely.

***76m**

MARTHA: Amazing. Well, I think that we could, again, talk for not only for weeks or months or years. So I hope this will be the first of many conversations. But thank you so, so much. Is there any last thing that you feel called to say?

DAVID: Okay. So my teams, do you have anything you'd like to add on there? They're saying we've enjoyed participating in this transmission. We love you all. You are our brothers and sisters. And we look forward dearly to meeting you face to face in the near future. But for now, they say we will leave you with this message.

And that is, as they're saying, as this one said, that's me, self-surrendered and surrendered to that, okay, they're not giving it a word.

They're just showing me an image of this profound light coming from the heart center. They're saying simply and as you were suggesting as well, they're saying, connecting into the original eight cells or the golden seed, I believe that you called it, which I feel is what they're saying. I think.

They're saying yes to that.

And allowing that light to unfold through that template and expand into your cells, this is going to transform you very rapidly. They're saying, this is a very important process. And they're saying the return of the human state back to a Source human state is on its way and it's going to be profound, but it's been given to us as an option.

So, it is for us to say *Yes*, You want to take that journey? You want to be in that state again? And they're simply motioning. And so it's over to you, humanity.

Bye-bye for now.

That's all they're saying.

MARTHA: Thank you so, so much. And so I know that you have a Patreon page where you have many free offerings in addition to paid offerings. Do you want to say anything else about what you offer?

DAVID: Yes. So as we spoke before we came on, I didn't expect to have a platform like that. And it just sort of evolved as my teammate requests to get these transmissions out. So it used to be for free, but it was on a platform where loads of adverts kept coming out and people couldn't meditate through it was a bit of a chug and so we moved to this other platform, which is ad free.
So in order to support the platform, some of them we charge for which are the personal activations, but all the global meditations to do with shifting the Earth, clearing the Earth, all those will always be free. So you can sign up there, you can even join in the community. There's a chat section there, you can meet friends connect with people, share ideas. That's all free as well. And yes, so that is there on, I guess you're going to put the link in the description..
So you can you can see that from there. And yes, and the other site we have is for the living energetic devices we have for clearing the home of, shall we say, artificial disturbances, which are coming from all sorts of places. You spoke about food and water revitalization and recoding, regenerating those into generative coded substances.
For the other sites, https://www.isee-infynergy.com/ is the ISEE site for protective innovations and https://infinitesourcecreations.com/ has the Quantum Still-point Clarifier device and the Quantum Earth Seeds innovations also.
MARTHA: Amazing. So, I mean, truly so much. I feel much has been ignited in me. And I am sure that's true for everybody listening each in our own ways. And yes, I'm just in awe.
DAVID: And thank you so much as well. Very heartfelt. Thank you.And it's been really lovely talking with you. And I hope we'll become good friends from this. And I wish all of your audience a beautiful day. And I hope you have a great experience if you choose to reach in and find the Source within and happy days ahead.
MARTHA: We're all we're literally all in this together. I think.
DAVID: Yes. This is a massive process that is so far ahead of where they thought that we would be way back when this started. We have done leaps and bounds. So really take hearted that when you get stuck in if you find yourself stuck in your own things coming up and

things you see on the outside know that this this is transforming away. Just keep heart centered and keep self-surrendered, definitely.
MARTHA: Yes, beautiful. I feel like we can we can cheer for each other, all of us. And yes. our own best cheerleaders all over the globe. Yes, so beautiful.
DAVID: Yes. Definitely. Yes. Okay, everybody. Hey, it's lovely to talk with you. And I hope you've got whatever you'd love to get out of this message, definitely. See you all soon.